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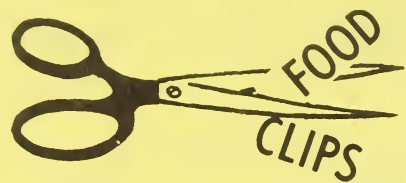
# Food and Home Notes

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Apple and cranberry jelly are two fall favorites that are easy to make. Don't let the jelly be too soft though — if you put too much juice in the mixture, or add too little sugar you'll have a problem. USDA home economists recommend that you don't make too big a batch at one time.

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Pan-fried apple rings are a fall favorite. Wash and core the apples and slice about ½ inch thick before frying or sauteeing.

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Broiled apple rings are also an "easy-to" addition to a meal. Fruit should be watched carefully to avoid scorching.

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What makes jelly appear tough or gummy? Mixture had to be cooked too long to reach jelling stage, a result of too little sugar — tough jelly usually results. And...overcooking makes it gummy.

\* \* \*

## NEW YEARBOOK OF AGRICULTURE

"THAT WE MAY EAT" is the title of the new yearbook of Agriculture which features stories on agricultural research from the State Agricultural Experiment Stations. It is a salute to the one hundredth anniversary of the experiment stations.

Did you know that the experiment stations had a hand in developing today's meaty, tasty, economical chicken? Their research made possible the fried chicken that you eat at neighborhood fast-food establishments.

And how about the development of a key vaccine to keep poultry healthy and add to consumer meat supplies? The estimated worldwide economical value of just this one piece of research on Newcastle Disease, at the Virginia Agricultural Experiment Station is \$1 billion.

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## COST OF FOOD AT HOME FOR A WEEK (September)

	<u>Low-Cost Plan</u>	<u>Moderate-Cost Plan</u>	<u>Liberal Plan</u>
Families			
Young couple.....	\$29.10	\$36.60	\$44.10
Elderly couple.....	25.70	32.00	38.40
Family of 4 with preschool children.....	40.90	51.10	61.50
Family of 4 with elementary school children.....	49.50	62.10	74.80
Individuals*			
Women			
20-54 years.....	11.80	14.70	17.60
55 years and over.....	10.50	13.00	15.50
Men			
20-54 years.....	14.70	18.60	22.50
55 years and over.....	12.90	16.10	19.40
Children			
1-2 years.....	6.60	8.10	9.70
3-5 years.....	7.80	9.70	11.70
6-8 years.....	10.20	12.80	15.40
9-11 years.....	12.80	16.00	19.30
Girls 12-19 years.....	12.10	15.10	18.00
Boys 12-14 years.....	13.60	17.10	20.50
15-19 years.....	15.10	18.90	22.80

\* Food cost for any family can be figured by totaling costs shown in table for individuals of sex and age of various members of the family as follows:

- o For those eating all meals at home (or carrying some meals from home), use amounts shown.
- o For those eating some meals out, deduct 5 percent from amount in table for each meal not eaten at home. Thus, for a person eating lunch out 5 days a week, subtract 25 percent or one-fourth the cost shown.
- o For guests, include for each meal eaten, 5 percent of amount shown in table for the proper age group.

Next, adjust the total figure if more or fewer than four people generally eat at the family table. Costs shown are for individuals in 4-person families. Adjustment is necessary because larger families tend to buy and use foods more economically than smaller ones. Thus, for a 1-person family, add 20 percent; 2 persons, add 10 percent; 3, add 5 percent; 4, use as is; 5 or 6, subtract 5 percent; 7 or more, subtract 10 percent.

Note: Single copies of a paper describing the 1974 USDA food plans, on which these costs are based, are available from the Consumer and Food Economics Institute, Agricultural Research Service, USDA, Hyattsville, Md. 20782.

## CHANGING VALUES ———

Educators are looking at what we call "values" — the things and ideas we consider important — today, and studying value clarification, Dr. Imig, Michigan State University Extension specialist reports. He took the values concept and tested it out with a group of parents and teenagers. His objective was to help families cope with hassles and communicate better with each other.

"Values influence the way people act" says Dr. Imig. "When we know values, we are better able to grasp 'what makes people tick' and to understand and interact with them. Diverse values set people apart. Shared values help people work towards agreement."

In his recent experiment on values, Dr. Imig set up a three session workshop. During the first session, parents and children met with their peer groups to discuss one basic issue: If parents holler at their children, should children be allowed to holler at their parents?

Everybody was asked to "fish bowl" (choose sides) and debate the issue. At the end of the discussion, no compromise or conclusion was reached. Everyone felt the same as they had before the debate had begun. The conflict could not be resolved.

Then Dr. Imig introduced values clarification to the group and the discussion continued. Members stopped trying to convince each other and began asking questions to clarify values. After a brief, but challenging, struggle to understand each other's reasons, the families went home to try the techniques.

During the second session, participants were divided into small groups of both adults and children. Parents were not placed in groups with their own children. Because participants in each group were not related, they could communicate without getting emotionally involved.



## CHANGING VALUES (CON'T)

The groups were shown a 4x4 checker-board, the kind many families and young people know quite well. Silently, each determined how many squares they had seen. After 30-60 seconds, they reported their answers, which ranged — surprising enough — from one to 32. (There are actually 64 squares on a checkerboard)



This exercise, Dr. Imig says, demonstrated the different ways that people see things — even common objects like checkerboards. It also shows that not everyone perceives the same number of kinds of alternatives to any problem or event.

During the last session, each family discussed the issue they worked on at the first meeting. This time, they used values clarification techniques. They were asked to really listen to one another and think about what each was saying. Each person told what was important to him (her) what values he (she) held that influenced his (her) thinking on the issue.

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## NEW YEARBOOK OF AGRICULTURE (CON'T FROM PAGE 1)

Experiment stations devised new ways to irrigate dry parts of the country so that we could have larger, more economical supplies of food and fibers — Agricultural scientists even discovered dicumarol — to control blood clots in humans — and streptomycin to treat Tuberculosis and other diseases, and they discovered the significance of amino acids in human diets. The book is available for \$7.30 at government bookstores or by sending a check or money order to the Superintendent of Documents, GPO, Washington, D.C. 20402. Members of Congress have a limited number for free distribution to constituents.

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NOTE: Additional information for the MEDIA and photographs (when applicable) may be obtained from: Shirley Wagener, Editor of Food and Home Notes, Room 535-A, Office of Communication/Press Service, U.S. Department of Agriculture, Washington, D.C. 20250. Or telephone 202-4475898.

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